Billings LIFE™
Leaders In Fertility Education



BILLINGS OVULATION METHOD™

FOUNDATIONS WORKSHOP

hosted by the
Natural Family Planning Association of Alberta

What You'll Learn:

Development, History, and Scientific Background

Discover the foundations of the method, with an introduction to anatomy and physiology

Fertility literacy

Learn to recognize the markers of fertility and infertility and the guidelines to acheive or avoid pregnancy

Charting Normal Cycles

In depth charting exercises for practical use in real life

Cycle Variations

More charting practice! Learn how to chart through a variety of cycle types

Event Details:

28 November 2026

9am - 8pm

Providence Renewal Center, Edmonton

SPACES LIMITED

MEALS INCLUDED

NURSING BABIES WELCOME

403-894-1471 billingslife.ca